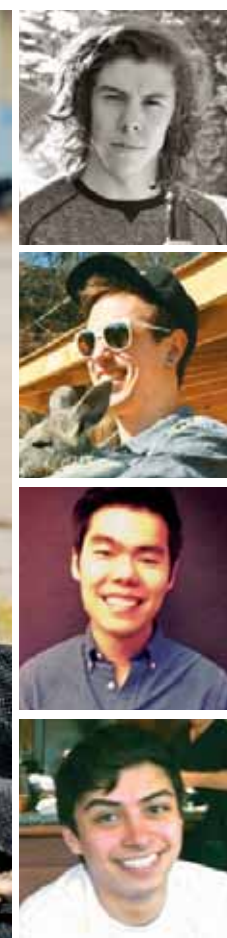


'Worst mass murder in Calgary's history'

Five young people are dead and the son of a police officer is in custody.

SEE STORIES, PAGES 3, 4 & 6



A makeshift memorial placed near the scene of a quintuple fatal stabbing at a house party in Calgary's northwest community of Brentwood. Four young men and one young woman were killed in the brutal attack. From top to bottom, four of the victims: Zackariah Rathwell, Josh Hunter, Lawrence Hong, Jordan Segura. The fifth reported victim, Kaitlin Perras, is not pictured. CANDICE WARD/FOR METRO, CONTRIBUTED

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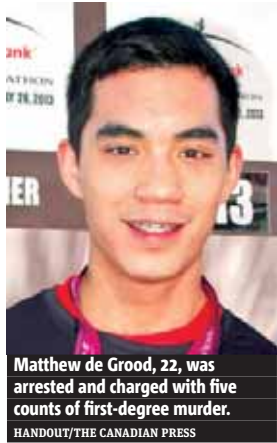
*Based on AUTODATA industry data as of February 2014 comparing sedans in the IHS Automotive: Polk non-luxury compact car segment.

Cop's son charged in stabbing rampage

Five dead. Twenty-two-year-old accused of attacking party-goers in Brentwood 'one-by-one' with a large knife

JEREMY NOLAIS
ROBSON FLETCHER
calgary@metronews.ca

Five young people were stabbed to death at a house party Tuesday and the son of a veteran police officer was charged with five counts of first-degree murder, in what the city's police chief described as the "worst mass murder in Calgary's history." Matthew Douglas de Grood, 22, stands accused of killing four men and one



Matthew de Grood, 22, was arrested and charged with five counts of first-degree murder.
HANDOUT/THE CANADIAN PRESS

Getting support

Counselling was being offered to students affected by the incident in the on-campus Wellness Centre classroom MSC 370.

- After-hours support was also made available.
- To arrange an appointment, email sar@ucalgary.ca.

woman at a party on Butler Crescent N.W. in Brentwood, shortly after 1 a.m.

He is the son of Insp. Doug de Grood, a 33-year member of the Calgary Police Service, a source confirmed.

Police Chief Rick Hanson said the suspect was an invited guest who "arrived at the party, obtained a large knife, and targeted the victims one by one, stabbing them several times."

The suspect was tracked and subdued with the help of a police dog a short time later.

Hanson said his officer is "heartbroken" and "absolutely devastated" over what transpired.

The party involved University of Calgary students celebrating the end of classes for the winter semester, as part of annual festivities known as Bermuda Shorts Day.



Calgary police talk to potential witnesses regarding the multiple fatal stabbings in Calgary on Tuesday.
LARRY MACDOUGAL/THE CANADIAN PRESS

Hanson said the victims were a 22-year-old man from Priddis and four people from Calgary: a 23-year-old woman, two 23-year-old men and a 27-year-old man.

An EMS spokesperson said at least one other party-goer was injured and was taken to hospital in stable condition.

Hanson said police are not seeking any other suspects in relation to the killings, and did not yet have

any indication of motive.

There was no indication that alcohol or drugs were a factor, Hanson added, nor was there any evidence of a dispute or other type of incident prior to the stabbings that might have precipitated the attack.

"Our understanding is that he left work to come to the party," Hanson said. "He did have a weapon that he brought, but our understanding is that primarily

the weapon that was used was one that was obtained in the house."

U of C president Elizabeth Cannon said the university had been flooded with calls from people across Canada expressing support and condolences.

"We are deeply saddened by this news and we will work with our community to ensure that our members receive the support that they need," Cannon said.

1 NEWS

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'BSD5' remembered

Tributes to fallen peers and loved ones.

Musicians, colourful personalities and plenty of style traits held by victims

BRYAN WEISMILLER
JEREMY NOLAIS
calgary@metronews.ca

Five university students will indelibly be linked to the worst-ever mass homicide in the city's history.

But the so-called "BSD5" was remembered Tuesday for what they meant to their families, friends and fellow students.

Eric Grant lost one of his best friends, Zackariah Rathwell, when violence erupted at a Brentwood house party.

"When someone snuffed their light out it affected a lot of people," Grant said outside a vigil held at the University of Calgary.

"It affects us all at home," he added. "We all were that student at one point celebrating our last day of classes."

Metro confirmed four of the five stabbing victims as Rathwell, Joshua Hunter, Jordan Segura and Lawrence Hong. The fifth victim was widely reported to be Kaitlin Perras.

Online mourners used the hashtag #BSD5 to pay tribute to their fallen classmates.

Rathwell, a 23-year-old Calgary resident and student at the Alberta Colleges of Art & Design (ACAD), and Josh Hunter, a 22-year-old Priddis native enrolled in a business program at the U of C, were both members of the band Zackariah & The Prophets. The quartet had only just celebrated the release of their EP at a party Saturday.

Band member and close friend Kyle Tenove described the pair as "legendary musicians."

"All I want to say is they were my little brothers and I love them so much and I'll never be the same without them," he added.



Students attending a community gathering at the University of Calgary's MacEwan Hall sign a commemorative flag in honour of those killed in a vicious quintuple stabbing at a house party early Tuesday. BRYAN WEISMILLER/METRO

Accused killer posted Megadeth lyrics



Matthew Douglas de Grood is shown in this still image taken from video, courtesy of Global News, on a stretcher Tuesday, after being apprehended by police. THE CANADIAN PRESS/GLOBAL NEWS

Hours before five people were stabbed to death at a Brentwood house party, lyrics by heavy metal rockers Megadeth were posted on the alleged murderer's social media page.

"Dread and the fugitive — the world needs a hero," was posted on by Facebook user Matthew Douglas de Grood.

On Saturday, his page contained a reference to "equal rights for all races & identities under the charter."

It's unclear what the ominous posts were refer-

ring to.

The 22-year-old son of a senior Calgary police officer has been charged with five counts of first-degree murder in what's deemed to be Calgary's worst mass murder.

Defence lawyer Allan Fay told Metro his client was scheduled to undergo a forensic psychiatric assessment. Fay didn't say much about de Grood's current state, saying only: "He's doing about as well as anyone could expect for someone in this circumstances."

University of Calgary officials confirmed de Grood completed a psychology degree from the University of Calgary last year and had been accepted into the school's law program for the fall.

Police chief Rick Hanson told reporters de Grood had worked a shift at a nearby grocery store and there were no early signs he was impaired by drugs or alcohol when he allegedly attacked the party-goers.

BRYAN WEISMILLER/METRO

Notable quotes



"Every Calgarian is shaken to the core by what

has happened here. Our thoughts and prayers are with the young people we lost today, and with their families and friends and certainly the university community."

Calgary Mayor Naheed Nenshi



"This is a senseless, shocking and horrible tragedy.

Our thoughts and prayers are with the families of those who lost their lives in the Brentwood neighbourhood. We will pull together as a community to make sure the families get the support they need as they cope with this terrible event."

Statement from Alberta Premier Dave Hancock



"@LaurenHarper and I send our condolences to

the families & friends of the victims of the senseless violence in Calgary last night."

Tweet from Prime Minister Stephen Harper

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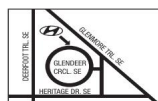
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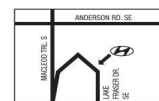
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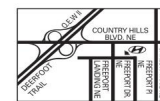
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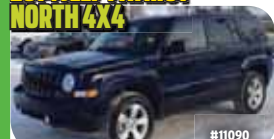


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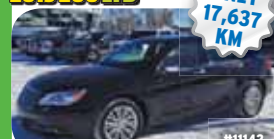


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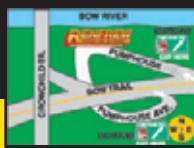
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Wednesday, April 16, 2014



University of Calgary president Elizabeth Cannon addresses reporters Tuesday, just hours after learning of what she described as "a senseless tragedy," that left five people dead, including four students from her school. JEREMY NOLAIS/METRO

Tragedy tarnishes day of celebration

History. Bermuda Shorts Day, a 53-year-old tradition, began in effort to reduce the stigma of men wearing shorts in public



JEREMY NOLAIS
jeremy.nolais@metronews.ca

Even before many University of Calgary students awoke and learned of the horrific aftermath of a stabbing rampage at an end-of-semester party early Tuesday, the school's student president said he began receiving emails calling for the can-

cellation of all future Bermuda Shorts Day events.

Students didn't consume alcohol to mark the occasion and instead took part in three-legged races and games involving marbles, according to BSD pioneer Alan Arthur, who now lives in South Carolina.

Nowadays, however, BSD centres around an on-campus beer garden and concert able to accommodate 4,400 revellers. It's believed the party in the nearby community of Brentwood, where five students died, was an offshoot of the larger celebration on campus.

Raphael Jacob, president of the U of C Students' Union, conceded in an interview Tuesday evening that BSD and

end-of-semester celebrations in general will likely be forever "associated" with the tragic killings.

"It's going to have some impact on probably every single BSD to come," he said.

When asked whether the U of C would be considering changes to BSD in light of Tuesday's tragedy, institution President Elizabeth Cannon said it was a day "to mourn the loss of members of our community."

"This was a house party off campus and today's not the day to evaluate activities that are on campus, but I can tell you Bermuda Shorts Day is a 53-year-old tradition at our university," Cannon said.

Background

Other mass killings in Alberta's history

June, 2012
Three armoured car guards were killed and another left with serious injuries during the University of Alberta's HUB mall shootings. Suspect Travis Baumgartner was given 40 years jail time without parole for the killings, the harshest penalty issued by a Canadian court since the abolition of the death penalty.

December, 2011
Lethbridge College students Mitchell MacLean, Tanner Craswell and Tabitha Stepple were all shot and killed after their car was run off the road by gunman Derek Jensen, a former boyfriend of Stepple's. Friend Shayna Conway was also shot by Jensen before he took his own life.

May, 2008
Joshua Lall stabbed to death his wife Alison and two of their daughters, ages three and five, in their north-west Calgary home. He also killed a tenant living in the home's basement,

Amber Bowerman. Joshua Lall killed himself as well. Only the youngest member of the Lall family, one-year-old Anna, was spared in the incident.

April 2006
Jeremy Steinke was involved with the murder of his then-12-year-old girlfriend's parents and her eight-year-old brother in Medicine Hat. It was heard during the trial that the girlfriend was upset with her parents, who felt Steinke was too old for their daughter.

JEREMY NOLAIS/METRO AND
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Attainable Homes Calgary unveils 1st inner-city project

Mount Pleasant.
New location is under construction

CANDICE WARD
calgary@metronews.ca

Calgarians will soon have another affordable-housing option in the city's tight residential market.

Starting April 21, Attainable Homes Calgary will begin offering 25 units to qualifying city residents at its first inner-city complex, now under construction at 1740 9 St. NW.

"It is important for us to address the housing crisis we are seeing in a number of

ways, and Attainable Homes Calgary is one important part of that," Mayor Naheed Nenshi said at the official launch Tuesday. "Our vacancy rates are too low and prices are taking housing out of reach for too many Calgarians."

The four-storey building wraps around an outdoor courtyard in Mount Pleasant and offers apartment condominiums and townhouses between 338 and 847 square feet.

"This is a smart design and it proves that attainable homes can be cutting-edge while still maintaining a price point that is achievable for households earning a moderate income," said David

Watson, president and CEO of Attainable Homes Calgary Corporation.

The cost of the units has been pegged at between \$193,350 and \$324,990, and mortgages can start from \$182,000, when the five per cent equity loan that eligible households receive through the Attainable Home Ownership Program is included.

Attainable Homes Calgary already has more than 12,000 people registered on its website looking at its programs.

"We need more entry-level home-ownership options in our city," Nenshi said. "It is important that we attack this problem at every possible point, and this is one of them."



Mayor Naheed Nenshi helps to announce the Mount Pleasant site of Attainable Homes Calgary Corporation's first inner-city development on Tuesday. CANDICE WARD/FOR METRO



Beatrice Nemeth, 72, speaks to reporters Tuesday outside the Staples store where she was carjacked earlier in the month. Police released a composite sketch of the suspect, inset. ROBSON FLETCHER/METRO; INSET: HANDOUT

Calgary senior returns to carjacking scene to help police find suspect

After being thrown to the ground and nearly run over by her own car in a brazen daytime carjacking, Beatrice Nemeth, 72, returned to the scene of the crime Tuesday to help catch the suspect.

"It was a very traumatic experience and I just want other people to be aware," she told reporters at a Crime Stoppers

re-enactment of the incident. "I don't mind helping out, because it can help another senior or another person."

Police Staff Sgt. Geoff Gawlinski hopes bringing more public attention to the case will help officers nab the suspect, described as 20 to 30 years old, possibly of Middle Eastern descent, with dark hair and a slim

build.

The carjacking happened at about 2:45 p.m. on April 1, outside the Staples store at 565 36 St. NE.

A quick-acting store employee pulled Nemeth out of the path of the car as the suspect drove away.

"I just have to thank him so much for what he did," she

said. "I could have had really serious injuries."

Police later recovered the stolen vehicle in the Edmonton area, Gawlinski said.

Anyone with information about the incident is asked to call police at 403-266-1234 or Crime Stoppers anonymously at 1-800-222-8477.

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ENGLISH LANGUAGE FOUNDATIONS

We offer English language upgrading to help ESL learners live, work or pursue further education in Canada. Discover the English Language Foundations full- and part-time course collection, admission requirements, your funding options and what we can do to support your goals.

Join us Wednesday, April 16 from 6:00 - 8:00 pm in Chinook Lodge Aboriginal Resource Centre (N108) in the Senator Burns Building. For more information or to confirm your attendance, please call 403.210.4045 or email elf.info@sait.ca.

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Get your future on track in just 15 short weeks and become a Railway Conductor! This program offers a high graduate employment rate, hands-on training and excellent starting wages.

Join us Wednesday, April 16 at 6:30 pm at the Centre for Rail Training and Technology, 1940 Centre Avenue NE. Call 403.210.4150 or Email rail@sait.ca to confirm your attendance and for more information.

BROADCAST SYSTEMS TECHNOLOGY

Looking for a unique career that combines your resourcefulness with your technical expertise? The Broadcast Systems Technology program at SAIT Polytechnic is the perfect answer as it focuses on the technical aspects of the broadcast industry, and qualifies graduates for well-paying jobs that are in high-demand. Get trained on emerging digital systems so you can start a career you will love in the exciting world of audio and video technologies!. Parents and prospective students are invited to a Free Information Session to learn more about SAIT Polytechnic's Broadcast Systems Technology program.

Join us on Wednesday, April 16 at 7:00 pm in Room E114 in the John Ware Building. Call 403.284.8081 or email bxst.info@sait.ca to confirm your attendance or for more information.

EXPLORATION INFORMATION TECHNOLOGY

Are you interested in an oil and gas career that combines geology and geophysics and computer science? If so, then SAIT's two year, Exploration Information Technology diploma program is for you.

Join us on Wednesday, April 16 at 7:00 pm in Room MD217 in the Stan Grad Centre. Call 403.210.5753 or email expt.info@sait.ca to confirm your attendance or for more information.

GRAPHIC COMMUNICATIONS AND PRINT TECHNOLOGY

Print Media is everywhere. From magazines and billboards to packaging and snowboards, the list of printed items seems endless. Canada's printing and graphic communications industry is one of the most diverse and widespread information-based manufacturing industries in the country. Using the most up-to-date software, you will learn page layout and design, through to printing and finishing on our high-tech systems. The Graphic Communications and Print Technology program at SAIT is designed to prepare you for a career in this exciting field.

Join us on Wednesday, April 16 at 7:00 pm in Room H101 in the Senator Burns Building. Call 403.284.8849 or email gcpt.info@sait.ca to confirm your attendance or for more information.

FAST-TRACK INFORMATION TECHNOLOGY TRAINING

Now is the time to train in one of SAIT's accelerated, skills-based FAST-TRACK Information Technology programs and launch your career as an IT professional in just a few months! Seats are available for the following programs:

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Join us on Wednesday, April 16 at 7:00 pm in Room MD321 in the Stan Grad Centre. Email fast-track@sait.ca to confirm your attendance or for more information.

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Hockey parents troll online forum to harshly criticize young players

Shocking posts.

Ontario hockey forums are awash with nasty comments from parents

"How can a fat, out of shape dad have a kid who is a real athlete? Not likely."

Hockey parents in Ontario have taken to an online forum to bully young players with nasty comments such as the one above, and back-and-forth banter harshly criticizing their skill.

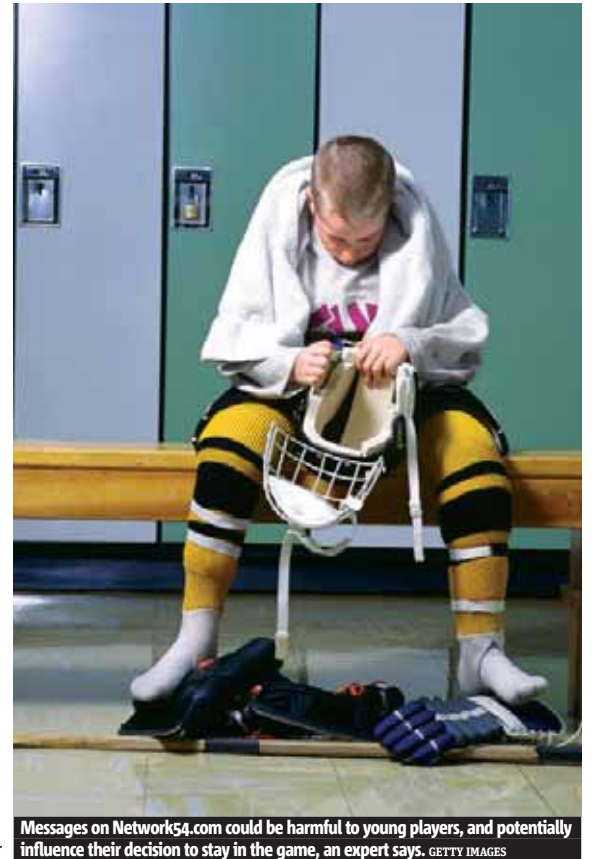
Network54.com is a free message board website filled with everything from basketball and hockey tryouts to video game forums, but several threads posted by Ottawa hockey parents have gotten downright nasty. One post criticizes an elite-level teen-aged female AA hockey player, arguing she doesn't belong on a certain Ottawa hockey team.

"But Daddy and Mommy have pumped her head up so much that she can barely get a helmet on," the post read.

Others were so shocking they were not fit to print.

Ontario Hockey Federation (OHF) executive director Phillip McKee has been aware of the site for years, but because it's anonymous and based out of California, there is nothing his organization can do. McKee said that the OHF has suspended parents and players in the past for making inappropriate remarks via Twitter or Facebook.

Hockey parent and coach Sam Seymour has three children who play hockey — one who plays AAA in the Outa-



Messages on Network54.com could be harmful to young players, and potentially influence their decision to stay in the game, an expert says. GETTY IMAGES

ouais. He noted he would hate for parents to be talking about his children the way they have been about others.

Metro set up an account on the site and reached out to the parents, but nobody came forward.

The Ontario Minor Hockey Association is introducing a mandatory "Respect in Sport" for hockey parents in the prov-

ince for the 2014-15 season and although Seymour said he's not so sure it will change much.

"Taking a course doesn't change a person's innate behaviour, but hopefully it makes them more aware and I think people are becoming more aware of where the lines are," he said.

TREVOR GREENWAY/METRO IN OTTAWA

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WESTJET

Military takes action in east Ukraine

Eastern uprising. First clash since president's 'anti-terrorist operation' announced

In the first Ukrainian military action against a pro-Russian uprising in the east, government forces said they clashed

Tuesday with about 30 armed gunmen at a small airport.

The clash came hours after Ukraine's acting president, Oleksandr Turchynov, had announced an "anti-terrorist operation" against the armed, pro-Russian insurgents who had seized control of numerous buildings in at least nine cities in Ukraine's restive east.

The central government has so far been unable to rein in the insurgents, who it says are being stirred up by paid operatives from Russia. The insurgents are demanding broader autonomy and closer ties with Russia.

The clashes Tuesday came at Kramatorsk airport, just south of the city of Sloviansk, which is 160 kilometres from

the Russian border. The city has come under the increasing control of the gunmen who seized it last weekend.

There were conflicting reports of casualties. Russian media, without sourcing, claimed anywhere from four to 11 casualties at the airport. The Ukrainian government said there were no casualties.

THE ASSOCIATED PRESS



Pro-Russian activists make barricades in front of the gate of an airport in Kramatorsk, eastern Ukraine, Tuesday. SERGEI GRITS/THE ASSOCIATED PRESS

Berlusconi. Former Italian PM sentenced to community service

Former Italian prime minister Silvio Berlusconi was ordered Tuesday to spend four hours a week helping the elderly to repay society for his tax fraud conviction, a sentence that imposes few restrictions on his campaigning in the upcoming European elections.

The 77-year-old three-time former prime minister cannot run in the elections due to the conviction, but he remains influential in politics as head of the Forza Italia party. His support is also crucial for a constitutional reform to abolish the Senate sought by Prime Minister Matteo Renzi. The two men met on the eve of the court's decision in Renzi's offices, according to Italian media reports.

Berlusconi's four-year sentence for tax fraud was confirmed by Italy's highest court last summer, the first ever against the media mogul in



Silvio Berlusconi ALESSANDRA TARANTINO/THE ASSOCIATED PRESS FILE

dozens of prosecutions, and reduced to one year under a general amnesty aimed at easing overcrowding in Italian prisons. Due to Berlusconi's age and the relatively short sentence, prison time was never likely. He was, however, booted from the Senate and given a two-year ban on running for elected office. THE ASSOCIATED PRESS

LGBT equality

India recognizes transgender rights

Tuesday issued a landmark verdict recognizing transgender rights as human rights, saying people can identify themselves as a third gender on official documents.

The Supreme Court directed the federal and state governments to include transgender people in all welfare programs for the poor including education, health care and jobs to help them overcome social and economic challenges. Previously, transgender Indians could only identify themselves as male or female in all official documents.

There are an estimated three million transgender people in India.

THE ASSOCIATED PRESS

Flight 370

Sub aborts first search mission

A robotic submarine hunting for the missing Malaysian jet aborted its first mission after only six hours, surfacing with no new clues when it exceeded its maximum depth along the floor of the Indian Ocean, officials said Tuesday.

Search crews sent the U.S. navy's Bluefin 21 into the depths Monday to begin scouring the seabed for the missing plane after failing for six days to detect any new signals believed to be coming from its black boxes.

The data collected by the sub was later analyzed and no sign of the missing plane was found, the U.S. navy said.

THE ASSOCIATED PRESS

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Senate scandal. Mounties say they're not charging PM's former chief of staff

RCMP officials say Nigel Wright, former chief of staff to Prime Minister Stephen Harper, won't face criminal charges in connection with the ongoing Senate expenses scandal.

Wright resigned as Harper's right-hand man after it was disclosed he wrote a personal cheque for \$90,000 to Mike Duffy to allow the disgraced former senator to repay disallowed housing expenses.

Investigators now say the evidence gathered "does not support criminal charges" against Wright.

"When the RCMP initiated the investigation, there were sufficient grounds to pursue the matter with regards to the offences of breach of trust, bribery, frauds on the government, as well as receiving prohibited compensation contrary to the Parliament of Canada Act," the Mounties said in a statement.

"Upon completion of the investigation, we have concluded that the evidence gathered does not support criminal charges against Mr. Wright."

Quoted

"Upon completion of the investigation, we have concluded that the evidence gathered does not support criminal charges against Mr. Wright."

RCMP statement

In a statement distributed Tuesday by lawyer Peter Mantas, Wright sounded a note of vindication.

"My intention was to secure the repayment of taxpayer funds. I believed that my actions were always in the public interest and lawful," Wright said. "The outcome of the RCMP's detailed and thorough investigation has now upheld my position."

The news also prompted a brief statement Tuesday from the Prime Minister's Office.

"We are pleased the RCMP has made progress in their work," it said. **THE CANADIAN PRESS**



Jim Flaherty remembered

Ontario MPP Christine Elliott looks over at the casket of her husband, the late former finance minister Jim Flaherty, during visitation in Whitby, Ont., on Tuesday, where over 1,000 turned out to pay their respects. **FRANK GUNN/THE CANADIAN PRESS**

Saskatchewan. Right-wing activists arrested handing out literature at university

A pair of controversial political activists — one an American who opposes gay rights, the other a Canadian who opposes abortion — have been arrested at the University of Regina.

Police approached Peter LaBarbera and Bill Whatcott as they were handing out pamphlets on campus Monday, telling them to leave or be arrested.

After some discussion, the pair refused to move and officers took them into custody.

Both were charged with trespassing, but the charges were later changed to mischief.

LaBarbera is the head of an American lobby group that has been labelled a hate group by the Southern Poverty Law Center, while Whatcott has a history of legal troubles in Saskatchewan.

Both have been released with an order to appear in court on May 26.

THE CANADIAN PRESS/CJME

Investigation launched

More than 60% of female inmates on mood-altering medication

Canada's prison watchdog has launched an investigation into the prescribing practices in federal prisons, after it was revealed that more than 60 per cent of female inmates

across the country are receiving psychiatric medication.

A joint investigation by The Canadian Press and CBC has learned that in August 2013, of 591 female federal inmates in five correctional institutions, 370 were being prescribed at least one psychotropic medication — drugs that impact mood and behaviour.

THE CANADIAN PRESS

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Last December, the Supreme Court of Canada ruled unanimously that the country's prostitution laws are unconstitutional. The federal government was given a year to decide next steps. In the meantime, "red lights" across the country are operating in a grey zone, as sex workers, local governments and the public wait to see what will happen.

Sex ed: City-run class all about knowledge

For Day 2 of our three-part series, Metro Canada takes a look at how Edmonton has been actively regulating 42 massage parlours in its jurisdiction, with rules about their location, hours of operation and even requiring those who work there to complete a city-run class. We also find out what a massage therapist thinks about establishments that offer rubs, tugs and sometimes more



RYAN TUMILTY
Metro in Edmonton

Every two weeks, another 10 to 15 women join Edmonton's sex trade.

In a city-run information course, they take the last step towards being licensed to work in one of Edmonton's body rub parlours.

After a criminal record check is complete they take part in the three-hour class and become licensed to work in one of the parlours. Sarah Croll, a municipal enforcement officer, is part of the group that oversees these classes that she says give out fundamental information sex workers need.

"Knowledge is really important for those who have either never worked in the industry before or workers who just were never told," she said.

In addition to tutorials on bylaws and provincial employment standards, class attendees can also get tips on declaring income and taxes.

Kate Quinn, from Edmonton's Centre to End All Sexual Exploitation, says the class is a way of making sure the women entering the parlours know their rights.

"We are able to inform them about what they are getting into, so kind of eyes wide open, these are the realities and here are some facts," she said.

Quinn said women entering the sex trade often don't understand that they have rights.

"You have the right not to be sexually assaulted and this is what sexual assault looks like," she tells the women in the class. "You have rights

Enforcing the law



Garry Dziwenka, Edmonton's director of licensing, holds up the poster that must be visible in the city's body rub parlours. The posters have information for sex-trade workers on resources they can turn to, along with rules on how parlours must be run. RYAN TUMILTY/METRO IN EDMONTON

Working to prevent exploitation

In 2009, Edmonton police laid the first human trafficking charges in the city's history after three women were discovered working under extreme conditions at a local body rub parlour.

Located on the north end of the city, Sachi Professional Massage and Spa was raided by police, who called the conditions of the victims "modern-day slavery."

Ranging in age from 21 to 41, the three women worked and slept in the same room in

if you become a victim of crime."

Croll regularly visits the city's licensed parlours to introduce herself to women

in the industry, hopeful that this familiarity will make it easier for individuals to come to her and other enforcement officers for help later, if neces-

sary. The parlour, which was open 24 hours a day, seven days a week. City regulations have since changed, limiting the hours of operation at body rub parlours to 7 a.m. to 11 p.m.

According to police, the women came to Canada legally from Beijing and Fiji after answering a newspaper ad for a job in the massage industry.

While three people were charged in connection to the case, ACT Alberta, an advocacy group that works with police and other local stakeholders to address human trafficking in the province, reported all charges were dropped because victims refused to testify.

LEAH GERMAIN/METRO IN EDMONTON

Under the law. 'It's just another licence'

Despite the recent Supreme Court of Canada decision, selling sex is still illegal in Canada. Yet in some of Edmonton's massage parlours, it's happening every day.

The city runs classes for body rub workers, regulates where businesses can be located and their hours of operation.

"The topic may generate people's strong opinions, but it's just another licence that we issue," said Garry Dziwenka, Edmonton's director of licensing.

He says the city's bylaws aim to keep workers safe above all else.

"The City of Edmonton has put in a progressive legislative model that focuses on the safety of the workers and the safety of the neighbourhoods."

The regulations call for criminal record checks and require at least two people to be working at each establishment at any given time. Parlours also must be at least 100 metres away from schools and daycare centres.

Municipal enforcement officer Sarah Croll, along with an Edmonton police officer, visit each licensed parlour at least once a month.

"We will go out to every single one of them and we will spend time checking the licences, making sure that everyone who is there is licensed to be there," she said.

"It's a very transient type of industry so we want to make sure that our list matches their list and we know where people are working should we need to get a hold of them," she said.

RYAN TUMILTY/METRO IN EDMONTON





Legit massage therapists rubbed the wrong way

Separating legitimate from intimate. Illicit body rub biz puts sexual pressure on some masseuses with above-board practices

Legitimate massage therapists say they are tired of people assuming their work comes with the same “happy ending” that body rub parlours offer.

Chandra Kastern, the assistant executive director of the massage therapists association of Alberta, said her industry faces demands for sexual services that no other health professional faces.

“You don’t go to a chiropractor and expect that or any number of other professions that involve an individual relationship,” she said.

She said massage therapists get customers who expect sex to be part of legitimate massage. It creates concerns and safety risks.

“We work in isolation so a lot of times you have an individual practitioner either in a business or a home, working on their own,” she said.

She said the industry also has to deal with the stigma created by the blurred line.

“When people hear ‘massage parlour,’ they immediately think of the less-than-above-board practice, and that stigma is what continues to drive members of the pub-



The massage therapists association of Alberta says having sex-fuelled parlours can create workplace dangers for legitimate masseuses. ISTOCK IMAGE

lic who are looking for those adult entertainment services into our businesses.”

During the 2011 federal election campaign, it was reported that then-NDP leader Jack Layton was found in a Toronto massage parlour during a police raid 15 years earlier. The worker in the parlour was a registered massage therapist, and the event prompted an open letter from massage therapists across the country.

“The insinuation that a massage therapist is anything but a health professional does nothing to validate or improve the image of the profession in the public psyche,” read the letter.

Kastern said the best solution to this problem would be for massage therapists to be regulated in all provinces, as they currently are in New Brunswick, Newfoundland, Ontario and British Columbia. She said registration would allow them to better draw a line.

Kastern said that if massage therapists were regulated

they would be able to stop people who aren’t trained from calling themselves therapists and find other ways to create clearer lines between the two industries.

RYAN TUMILTY/METRO IN EDMONTON

Have your say

Curious what regulations exist in your city when it comes to body rub parlours? Visit metronews.ca/features/massage-parlours for an interactive map with highlights of your local bylaw.

- Parlours can be found across Canada, maybe even close to your home. Follow us @metropicks and give us your thoughts on these businesses, their workers and those who visit them. With the government looking at prostitution laws, now is your time to be heard.

Up next in the series

Tomorrow

We talk to one man who visits Edmonton’s massage parlours and why he thinks it’s cheaper than dating. We also speak to those who live nearby.

• **Online:** If you missed the first day of our series, visit metronews.ca/features/massage-parlours to read our interview with Elizabeth, a massage parlour worker who goes by the name Roxy when she is on the job, and our interview with a body-rub parlour owner.



San Francisco to legalize it... Airbnb that is

Short-term rentals.

Whether legal or not, residents are renting out their homes, so now the City by the Bay aims to impose some rules

Legislation set to be unveiled in San Francisco would make it legal for city residents to rent out their homes on sites such as Airbnb, but only if they have liability insurance and meet other requirements, a newspaper reported.

Supervisor David Chiu was

expected to unveil the legislation on Tuesday, according to the San Francisco Chronicle. Short-term rentals are currently banned in San Francisco.

On its website, Airbnb warns hosts to be aware of the laws in their city, noting that some restrict people's ability to host paying guests for short periods. Chiu's bill would lift the ban in San Francisco, but also impose regulations. It was applauded by some tenants' groups. Advocates for property owners, however, said it would not address their concern that short-term renters could pose a safety and health risk to other tenants. **THE ASSOCIATED PRESS**



Samsung's latest smartphone blooms

People watch an advertisement for Samsung's Galaxy S5 smartphone in Seoul on Tuesday. Samsung Electronics Co. released its latest Galaxy S5 smartphone and wearables in 125 countries around the world last week. **AHN YOUNG-JOON/THE ASSOCIATED PRESS**

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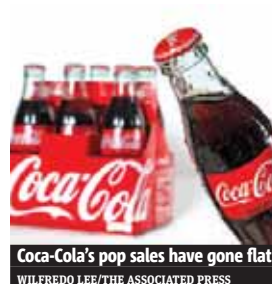
Fizzling. Coca-Cola posts lowest pop sales since 1999

Coca-Cola, the world's biggest beverage maker, said Tuesday that the amount of soda it sold globally fell for first time in 15 years.

The drop in the first quarter was offset by stronger sales of its noncarbonated drinks that include Minute Maid, Powerade and Dasani bottled water. Overall volume rose 2 per cent, an improvement from the 1 per cent increase the previous quarter.

But the 1 per cent decline in global soda volume is notable for Coca-Cola: The last time the figure fell was in 1999, according to the company.

Gary Fayard, the company's outgoing chief financial officer, attributed the drop partly to the timing of Easter, which falls in the second quarter this year



instead of the first.

"It's not as concerning to us as it would look at first pass," he said in a phone interview.

He also cited a double-digit soda decline in Great Britain, where the company stood by its pricing despite switching to smaller bottles.

THE ASSOCIATED PRESS

Big Brother. RCMP got CRA to delay Heartbleed news

Police say they asked the Canada Revenue Agency to hold off on telling Canadians that 900 social insurance numbers had been compromised by the Heartbleed security bug.

The RCMP were notified of the security breach on Friday, but asked the agency to hold off making an immediate announcement about the data loss so they could pursue investigative leads.

Word of the Heartbleed security vulnerability prompted the agency to shut down its publicly accessible websites last week.

A number of other federal departments followed suit.

The government says it has solved the problem and

Minimize your risk

The Canadian Anti-Fraud Centre says those who want to minimize their risks should review their credit report at least once a year, and stay on top of their bills, by checking that all their charges are correct.

the sites reopened over the weekend.

But the revenue agency did not disclose the loss of data until Monday.

"The RCMP asked CRA to delay advising the public of the breach until Monday morning," the Mounties said in a news release.

THE CANADIAN PRESS

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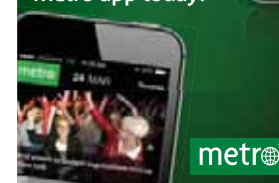
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HALLELUJAH STILL STRIKES A CHORD

What is it about Hallelujah?

I'm not talking about Handel's Christmas chorus, but the wonderful (if mournful) Leonard Cohen song that has been covered more times than the national anthem.

There are more than 300 known covers, and now there's one more thanks to a surprise wedding version performed earlier this month by an Irish priest that has generated more than 26 million YouTube views.

The Pope would like those numbers. In his dreams.

Father Ray Kelly has a melodious voice and his performance, standing at the altar, is quite straightforward and lovely, mercifully free of devotional histrionics. At the end of it, he gets a standing ovation from the parishioners.

Ironically, the original is anything but holy, unless you mean Holy Cow!

Verse 2:

"Your faith was strong but you needed proof/You saw her



JUST SAYIN'
Paul Sullivan
metronews.ca

bathing on the roof/Her beauty in the moonlight overthrew ya.

"She tied you to a kitchen chair/She broke your throne/And she cut your hair/And from your lips she drew the Hallelujah."

And that's just the part we can repeat in a family newspaper.

Obviously, Father Kelly's lyrics are more matrimonial, but his voice still captures the rapture of the magnificent chorus that the now-deceased singer Jeff Buckley first nailed in the first cover version all the way back in 1994. The original, recorded way back in Cohen's wry, dry monotone, inspired no one but connoisseurs of clever lyrics, but since Buckley's cover, it's gone on to sell more than a mil-

lion digital copies, has been ranked number 259 on Rolling Stone's 500 Greatest Songs of All Time, and a British poll of 50 songwriters listed it among the top 10 tracks of all time. John Legend, no stranger to soulful music, calls the Buckley version "one of the most beautiful pieces of recorded music I've ever

heard."

What is it about this song? Is it that "secret chord/That David played and it pleased the Lord?" Or is it the fact that Cohen rewrote the song 80 times, at times banging his head against the floor. It got to him, too.

It got to Bob Dylan, Neil Diamond and k.d. lang. It got to various American Idol, X Factor and The Voice contestants, and it got to the music producers of half the soundtracks of half the shows on TV.

It got to the Maccabees of Yeshiva University. And it got to Father Ray Kelly at a wedding in Ireland.

In a way, it's the Hallelujah Chorus of our time: bitter, mournful, ironic, haunting ... and redeeming.

The last verse sends chills down my spine:

"I did my best/It wasn't much/I couldn't feel so I tried to touch

"I've told the truth/I didn't come to fool ya

"And even though it all went wrong/I'll stand before the Lord of Song

"With nothing on my tongue but Hallelujah. Hallelujah."

ZOOM

Sun, moon, Earth align



SCOTT BARBOUR/GETTY IMAGES

Skywatchers catch rare 'blood moon'

Sky-gazers in North and South America, Australia and New Zealand were treated to a full lunar eclipse — at least those fortunate enough to have clear skies.

The moon was eclipsed by the Earth's shadow early Tuesday, beginning around 1 a.m. EDT for 5 1/2 hours. The total phase of the eclipse lasted just 78 minutes.

For some, the moon appeared red-orange because of all the sunsets and sunrises shimmering from Earth, thus the name "blood moon."

THE ASSOCIATED PRESS



From bottom left to top right: The moon's transition during a total lunar eclipse. JOE RAEDLE/GETTY IMAGES

Did you miss it? Next total eclipse is Oct. 8

- It's the first of four eclipses this year and the first of four total lunar eclipses this year and next. The latter is a rare lineup; the next

so-called tetrad of total lunar eclipses won't occur until 2032-33. In the meantime, get ready for a solar eclipse in two weeks.

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MetroTube

Jenga game is larger than life

ANDREW
FIFIELD
metronews.ca

I once had the dimly recalled experience of playing a drinking game version of Jenga where each block assigned you a stupid human trick to perform. Eventually, the novelty wore off and it gradually devolved into a game of classic Jenga, only louder. Years later, the realization strikes about how that game could have been improved. Heavy machinery! Not combined with the alcohol of course, but as this Caterpillar stunt proves, serious training can make even Earth-shaking technology a party game championship contender.



CAT PRODUCTS SCREEN GRAB



2 SCENE

Coming back to haha-haunt you

Killing 'em with laughter. Hollywood hasn't always cared for a shot of humour with its horror



IN
FOCUS
Richard Crouse
scene@metronews.ca

If the Paranormal Activity movies curdle your blood and The Conjuring kept you up at night, perhaps A Haunted House 2 will be more your style. A humorous hybrid of horror hits, it stars Marlon Wayans and Jaime Pressly in a sequel to the popular (but critically lambasted) 2013 comedy.

According to IMDB, in the new film Wayans has "exorcised the demons of his ex" and is trying to start his life anew with his girlfriend. Unfortunately his new house turns out to be haunted and, even worse, his back-from-the-dead ex has moved in across the street.

It's all played for laughs — and will likely not give audiences nightmares — but it would be interesting to know how the makers of movies like Sinister, The Possession, and Insidious feel about having their movies made fun of.

Some filmmakers are flattered.

Night of the Living Dead icon George A. Romero enjoyed the zombie takeoff Shaun of the Dead so much he asked star Simon Pegg and director Edgar Wright to appear in Land of the Dead. The duo can be seen chained up in a 12-second cameo under a sign that reads Take Your Picture with a Zombie during the film's carnival sequence.

But not everyone gets the joke.



Cedric the Entertainer, left, and Marlon Wayans in A Haunted House 2. CONTRIBUTED

Years ago Boris Karloff made it known he wasn't very happy about a horror comedy. He was approached to play the monster in Abbott and Costello Meet Frankenstein, but declined because he felt the duo's brand of slapstick would be an insult to horror movies. Nonetheless he did some promo for the film — there are publicity pictures of him buying tickets at the box office — and later appeared in Abbott and Costello Meet the Killer, Boris Karloff and Abbott

and Costello Meet Dr. Jekyll and Mr. Hyde.

Another horror legend said yes to Meet Frankenstein but no to the comedy. The movie was the only other time Bela Lugosi played Dracula on the big screen and he played it straight.

"There is no burlesque for me," he said. "All I have to do is frighten the boys, a perfectly appropriate activity. My trademark will be unblemished."

Finally, the movie Young

Frankenstein gave overdue credit to an old-time movie studio technician. When Mel Brooks was prepping the film he discovered that Ken Strickfaden, the designer of the "mad scientist" electrical machinery in the Universal Frankenstein films, had all the equipment from the original movies stored in his garage. Strickfaden agreed to rent Mel the props and received a screen credit, which he hadn't been given on the original films.

That's scary stuff, kids

"There is no burlesque for me. All I have to do is frighten the boys, a perfectly appropriate activity. My trademark will be unblemished."

Bela Lugosi on reprising the role that made him famous, playing Dracula straight in the 1948 horror comedy Abbott and Costello Meet Frankenstein.

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Love Letters from the other side of the pond

Metronomy. English electro-pop band's new album is being hailed as a 'breakthrough'

RICHARD PECKETT

Metro World News in London

"Why is everyone imagining there's something wrong with me?" queries Joseph Mount, singer for English electro-pop band Metronomy.

People think he's in relationship meltdown, thanks to a few lovesick songs from the maestro's latest album. He's not, and the simpering is as welcome as that insincere offer of "If you ever want to talk about it, you know I'm here."

In truth, the 31-year-old auteur has every reason to be as euphoric as the Love Letters title track's chorus thanks to strong sales. Mount and his bandmates — Gbenga Adelekan (bass guitar), Anna Prior (drums) and Oscar Cash (guitar) — have once again had a change of tune for their fourth studio album, taking their retro-infused record back to the sound of the '60s.

Love Letters is being referred to as a 'breakthrough.' Does that add pressure on you to perform?

Funnily enough, it does in a way. It doesn't add pressure on me but it does make the situation a bit more pressurized. It's already got to number 7 in the [British] charts and it's selling really



Metronomy is enjoying strong sales of their album Love Letters. CONTRIBUTED

Quoted

"I don't think it's going to be a breakthrough record. But you do get closer to holding to badge of being known as an English band."

Metronomy singer Joseph Mount

well. If breakthrough means we're going to get played on BBC Radio 1, then I don't think it's going to be

a breakthrough record. But you do get closer to holding the badge of being known as an English band. Each record we're getting closer to being part of the establishment.

Is it important to keep that Englishness at the core of your music?

The more I experience American attitudes toward English music, the more I want it to be English.

Americans lap up the accent and our quaint culture.

[Chuckles] Well, yeah. But

then some English music seems such an alien thing to them.

Your album's called Love Letters, so have you ever sent one?

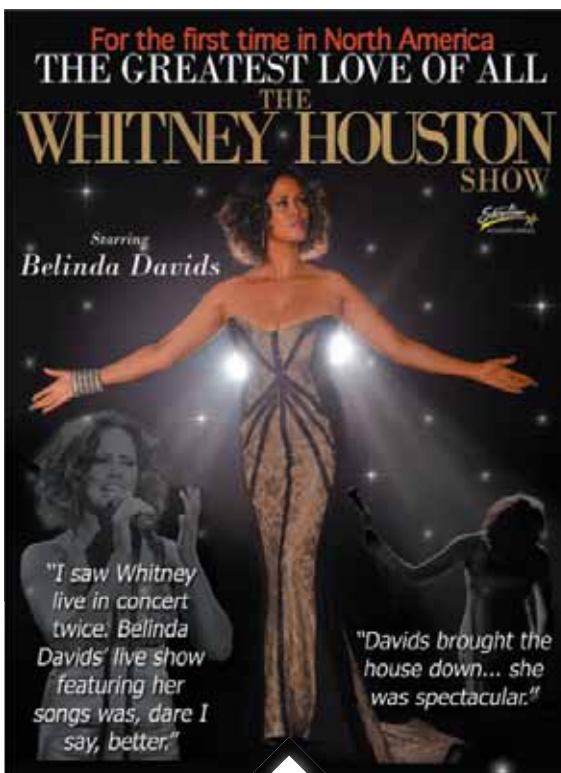
I have. Well, they were probably never sent but I did used to write nice affectionate letters to girlfriends.

Were they handwritten letters?

Of course, yeah.

That's a rare thing.

It wasn't in my day [laughs].



The Greatest Love Of All – The Whitney Houston Show starring Belinda Davids is a fun and touching tribute to a true pop icon, presenting a catalogue of Houston's most loved songs from the span of her 29 year career, all performed by the stunning Belinda Davids and her live band and dancers.

The 2 ½ hour concert and stage show includes hits such as 'How Will I Know', 'I Wanna Dance With Somebody', 'Where Do Broken Hearts Go', 'Didn't We Almost Have It All', 'I'm Every Woman', 'Exhale (Shoop Shoop)', 'Step by Step' and of course, 'I Will Always Love You'.



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Andrew Garfield ALL PHOTOS GETTY IMAGES

Garfield feels the great responsibility of filling out those tighty-Spideys

Andrew Garfield's Amazing Spider-Man costume is so skintight, he feels nearly naked — which is fine by him. "I love being naked," he tells Metro U.K. "It's important to be naked and be in touch with our bodies and not have shame about what we're made of. I love being in touch with nature and my own nature." Then there's the issue of how much the form-fitting Spidey suit reveals

in certain delicate areas, something Garfield admits was given a lot of thought. "It takes a lot of consideration because you don't want it to be underwhelming," he joked during a TV interview in Australia recently. "You don't want it to intimidate, and you don't want it to (do) the opposite of intimidate. So yes, there is thought. But ultimately you have to trust that what you have is enough."

Kelly's plans with her Coachella posse go all Paris-shaped

Apparently there was some major drama during the last weekend of the Coachella music festival as Kelly Osbourne took to Twitter to call out Paris Hilton for an icy encounter. Sources tell Us Weekly that the bitterness started when Hilton and her posse showed up at a VIP event and asked the organizers if they could have the table where Osbourne and her crew were sitting. The organizers asked Osbourne to move upstairs, which she



Kelly Osbourne

did. Osbourne later tweeted at Hilton, "Please grow up. There is no reason to act like a child. You could of happily joined us! It's not 2005, no one cares."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Upton pays clip-on service to her boobs

MELINDA TAUB

Metro World News

Kate Upton has such an amazing body that people keep putting it on icebergs and sending it to space. Doesn't matter where you put it: She looks amazing in a bikini, parka or while weightless or, I assume, in a volcano, which is probably next. But Kate Upton herself is tired of her breasts. Probably because she has to follow them onto icebergs and into space.

"I wish I had smaller

boobs every day of my life as I love to wear spaghetti tops braless or go for the smallest bikini designs," Upton told the U.K. Sun (via Page Six).

"Every single day, I'm like, 'Oh, man, it would be so much easier,' especially if people didn't constantly bring them up."

Not that Upton hates her 34Ds all the time. She just wishes they were optional. "If I could just take them off like they were clip-ons," she says.

I truly love the idea of Kate Upton, many a man's fantasy, with a nightmare closet of disembodied clip-on breasts in various shapes and sizes.

I love the idea of any woman with one of those, honestly.



Aaron Carter

Clearing the Aaron missing Nick's nuptials

Aaron Carter was a no-show at big brother Nick Carter's wedding in Santa Barbara last weekend, but it wasn't for lack of trying. "Aaron had a contract to appear at the Cherry Blossom Festival in D.C. before Nick set his wedding date. Even though he was obligated to fulfill his contract, Aaron still wanted to make the wedding," his rep tells E! News. "There was a team of six people who worked to put

together a plan to get him to Santa Barbara by the reception so he could at least participate in the celebration. He was on his way when his US Airways plane experienced mechanical difficulties in Pittsburgh and they became grounded there. So he never made it. Aaron was legitimately busting his ass to make it to his brother's wedding. He felt awful and had every intention of being there."

Twitter



@Pink

Trying to explain why some people are mean, my two year old interrupts and says... "Maybe they just need love"



@RebelWilson

When people name their dogs after you — is that a good thing?



@NiallOfficial

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Southern Italy may be known as the birthplace of pizza, but a tour down the boot offers a culinary, historical and esthetic experience that goes far beyond a bit of crust and marinara. For travellers hungry for an excursion away from the travel guide must-dos, the Amalfi Coast and Apulia regions are perfect for the Italian enthusiast.

The Amalfi Coast

Those who can stomach the winding narrow roads and steep cliffs of the Amalfi Coast will be treated to beautiful, unspoiled views of the Mediterranean. Lush in greenery, the region is spotted with vertically built farms, quaint towns and pebble beaches. There is even an island or two off the azure horizon.

Eat and stay: Plenty of hotels dot the coastline, including the Hotel Delfino, which looks onto the island of Capri. Stop in the town of Amalfi for lunch on the beach at the Marina Grande restaurant.

What to do: Take in a concert at the Villa Rufolo in Ravello. The area inspired Wagner's final opera Parsifal and the



If you can stomach the winding roads, the Amalfi Coast pays out in breathtaking views. PHOTOS: AMBER SHORTT/METRO

stage looks over the coast; join a tour group for lunch at La Sorgente Farmhouse (they don't do private bookings) and see how a real Italian mamma makes mozzarella.

The labyrinth of Matera

It may seem like you are lost in the middle of nowhere, but historic Matera's maze of walls and corridors is worth the trek off the tourist routes, especially for an '80s kid who dreamed of chasing David Bowie's Goblin King from the film Labyrinth. From the paleolithic era right

up to the 1960s, locals inhabited the Sassi di Matera (meaning "stones of Matera") — ancient cave dwellings along a canyon below the city. Some of the caves have been turned into museums, while others now house luxury hotels and restaurants.

Eat and stay: Take advantage of the city's history and stay at the Sant'Angelo Luxury Resort, which overlooks the canyon and caves. Matera is full of hidden cafés and restaurants — many in caves — so you can lit-

erally find your own hole in the wall.

Time travel in Otranto

It may be located at the heel of Italy's geographic boot, but don't hold that against Otranto. The city's castle, surrounding wall and cathedral are made of sandstone, pockmarked by age and weather. Brush your



Getting there...

For travel information, visit airtransat.com.

hand against the stone and tiny bits will brush away. The town has changed hands many times throughout history, and its cathedral houses the bones of more than 800 martyrs who were beheaded for not denouncing Christianity during Ottoman rule in the 1400s.

Indulge in Lecce

While the town has a distinct laid-back style — men in blazers and caps ride by on bicycles and well-dressed women walk the city cobbles in flats — Lecce is a feast for the stomach rather than the eyes. The Apulia region is known for its fish and fave e cicorie selvatiche (a tasty fava bean and chicory soup) found on most menus. The real treat is a regional dessert called pasticcio: a crunchy-sweet pastry filled with creamy lemon custard.

Where to eat: Try a pasticcio at the Pasticceria Luca Capilungo, which faces the ancient amphitheatre. For dinner, fill up on appetizers at the Osteria Degli Spiriti.

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Bucket List



San Juan, Puerto Rico

Beautiful beaches, great food, rich history, secluded places to escape to, an actual café society and amazing scuba diving — what's not to love about Puerto Rico? This U.S. territory enjoys a steady rise in popularity, as people cotton on to the fact that the capital of San Juan is an excellent spot to anchor a week away. And while there are some really great hotels, including La Concha Resort on Condado Beach and La Terraza in Old San Juan, renting a condo is also an excellent option. Make the fresh seafood mofongo your order of the day. Now is a good time to visit, before it gets too hot.

DOUG WALLACE/METRO

Earth Day. Across Canada, lodges are cleaning up their acts. Here are a few of the sustainability stars



ON THE MOVE

Loren Christie
life@metronews.ca

In recognition of the upcoming Earth Day (April 22), I salute four hotels across the country that are doing their part for the environment.

Element
Vaughan Southwest

Built green from the ground up, Element Vaughan Southwest is a 152-room extended stay hotel just outside Toronto.

Powered by 100 per cent renewable energy, the hotel has taken every opportunity to minimize its footprint. All guest rooms are equipped with recycling bins, flooring made from recycled tires and



Mount Engadine Lodge in Spray Lakes Provincial Park in the Rockies. CONTRIBUTED

soy-based fabrics. The bathroom faucets are low-flow and the en suite kitchens feature filtered water and energy efficient appliances. The fitness centre has a stationary bike charging station, which powers up personal electronic devices while guests exercise. A complimentary Bikes-to-Borrow program encourages travellers to get out and enjoy the fresh air.

Auberge Le Baluchon

Located in Quebec's Mauricie region, the 88-room Auberge Le Baluchon is a standout for seamlessly incorporating itself into a stunning natural setting. The executive chef takes pride in the fact that the food is locally sourced. In winter, outdoor enthusiasts can go dog sledding, Nordic skiing or skate on the Du Loup River, a five-kilometre long outdoor skating

rink. In summer, options include canoeing, horseback riding or mountain biking. Every activity requires nothing more than your own steam, or perhaps a little horsepower.

Mount Engadine Lodge

You can't get much more off the energy grid than Alberta's Mount Engadine Lodge. Nestled in Spray Lakes Provincial Park in the Rocky Mountains, guests

will notice right away the lack of in-room televisions and refrigerators. Behind the scenes, the lodge limits its power usage by using a generator and rechargeable batteries to power energy efficient light bulbs and appliances. A state-of-the-art waste treatment system uses oxygen to break matter down and UV lights to purify it. The bathrooms are stocked with locally made environmentally friendly soaps and all the cleaning is done using environmentally friendly products.

Oak Bay Beach House

The historic Oak Bay Beach Hotel in Victoria, B.C., receives a nod for its recent renovations. Two years ago it was completely rebuilt on the same oceanfront site where the previous hotel stood for more than 80 years, and 95 per cent of the building was saved for re-use or recycled with only five per cent going to the local landfill. The hotel was recognized by LEED (Leadership in Energy and Environmental Design) as a high-performance building and awarded with a Gold level environmental sensitivity designation.

Summer fun

Can you spend the night with zombies?

A quiet night with plenty of shut-eye is not exactly what a Kitchener, Ont. attraction has in mind for guests at its new camping experience. Bingemans Camping

Resort, known for staging horror events including a Screampark haunted festival and a Running Dead zombie obstacle race, is offering an overnight adventure called 13 Hours in Hell.

Participants will compete in challenges "while trying to survive the hordes of zombies

lurking in the dark" throughout the wooded 70-hectare grounds, Bingemans says. Running and hiding are involved, along with rewards for bravery and possible "punishment by isolation and confusion." 13 Hours in Hell will take place June 6-7.

THE CANADIAN PRESS

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Mini Vegetable, Ham and Egg Puffs. Borrow from the breakfast table to make a quick and easy dinner



DINNER EXPRESS
Emily Richards
food@metronews.ca

Sometimes breakfast can be considered a comfort food and we all need a little comfort after a long days work.

That's why breakfast for dinner is a popular way to eat fast and healthy.

Keeping a pantry of staples is helpful and always having those protein-filled eggs in your refrigerator makes for endless possibilities. For example, with only a few ingredients, you can enjoy delicious vegetables among eggs that are baked. All it takes to round out your meal is salad and crusty bread. These little puffs are perfect to enjoy on the run as well.

Any leftovers can be packed into lunches the next day or enjoyed on your way out the door to work. Whichever way you eat these, they will give your day an "eggcellent" healthy feeling.

Ingredients

- 1 tsp (5 ml) canola oil
- 1/4 cup (60 ml) diced onion
- Half a red bell pepper, diced
- 1 cup (250 ml) chopped broccoli
- 1/2 cup (125 ml) chopped ham
- 1/2 tsp (2 ml) dried thyme
- 1/4 tsp (1 ml) freshly ground black pepper

Cooking tips

- Using muffin tins to make these helps create a perfect size for everyone big and small in the family. Easy enough to take on the run when time is crunched or for those late-night dinners.
- These can be made up to 2 days ahead and kept refrigerated to be reheated quickly in the microwave.
- Try using shredded cheddar cheese instead of feta.

1. In skillet, heat oil over medium heat and cook onion and pepper for 2 minutes or until softened. Add broccoli, ham, thyme and pepper; cover and steam for 3 mins or until tender crisp and bright green. Divide mix among 12 greased muffin tins. Sprinkle cheese over top of vegetable mixture.

2. In a bowl, whisk together, eggs, egg whites, milk, bran and whole wheat flour. Pour evenly over vegetable and cheese mixture. Bake in 400 F (200 C) oven for about 20 minutes or until golden, set and puffed. Let the puffs cool slightly before serving them.



This recipe makes 12 puffs. EMILY RICHARDS

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Get up, stand up, stand up for your health

Dancing at your desk. With sedentary behaviour at an all-time high in Canada, it's time to make a run for it and get active, even at the office

While much attention has been devoted to monitoring the activity levels — or lack thereof — among Canadian kids, many of the country's adults are also at risk of spending too many of their waking hours being idle.

With its Sneak It In campaign, ParticipAction is encouraging adults to break up sedentary time spent commuting and sitting in the office.

To help reach that goal, adults are encouraged to take active breaks and boost their fitness levels by "sneaking in" 10-minute bursts of physical activity into their workdays.

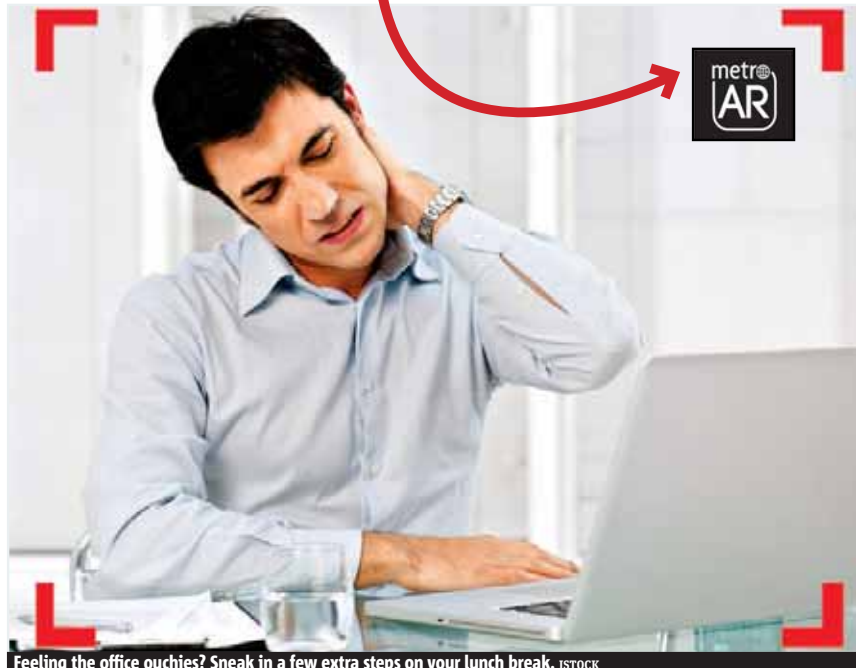
According to Statistics

Canada's Canadian Health Measures Survey from 2007 to '09, just over 15 per cent of the country's adults were meeting the recommended guidelines of 150 minutes of physical activity a week.

The figures for older children are similarly grim. In its annual report card on the physical activity level of children and youth released last year, Active Healthy Kids Canada revealed that only seven per cent of five- to 11-year-olds and four per cent of 12- to 17-year-olds met recommended guidelines of 60 minutes of moderate to vigorous activity daily.

Walking quickly, skating and bike riding are examples of moderate activities, while running, basketball and soccer are examples of vigorous activities.

StatsCan found that adults spent an average of 9.5 hours a day — or approximately 69 per cent of their waking hours — in sedentary activities, which involve little physical movement and a low expenditure of energy. ParticipAction president and



Feeling the office ouchies? Sneak in a few extra steps on your lunch break. ISTOCK

CEO Elio Antunes said long stretches of time spent sitting is detrimental to one's

Sick from the sit

"Too much sedentary behaviour has led to increases in risk of diabetes, even heart attacks, high blood pressure, elevated cholesterol."

Elio Antunes
ParticipAction president

health and it's important for adults to make a conscious effort to incorporate activity throughout the day to help limit potential health risks.

"Too much sedentary behaviour has led to increases in risk of diabetes, even heart attacks, high blood pressure, elevated cholesterol," he said in an inter-

view.

"A lot of people with sore backs is due to long-term sitting. So there's a whole range of health issues that's related to too much sedentary behaviour — specifically sitting — so breaking that behaviour up will contribute to (addressing) those issues."

Antunes said adults can also wear a pedometer and aim to clock 10,000 steps within a day, and can even transform the exercise into a mini-challenge with their colleagues.

Adults don't need to devote lunch hours at the gym to see an uptick in their activity levels but can achieve their target with short bursts of everyday activities "that should get your heart rate going," he noted.

Gallop while you gab

ParticipAction president and CEO Elio Antunes said he has colleagues who book walking into their agendas, and suggests workers go for a walking meeting rather than book a boardroom for their gatherings.

- "You're still being productive ... but you're reducing your sedentary time while being productive."

"When you're going out to lunch for that sandwich, maybe take that extra walk for 10 minutes, or park your car a bit further from the front doors or take public transit."

Antunes said he recognized that individuals are busy and that breaking up sedentary time is a challenge within today's fast-paced environment.

But it's as essential as carrying out a work assignment and can perhaps be accomplished in tandem with office-related tasks, he noted.

"If you're working towards a deadline, working on a focused project, there are things you can do that (don't) necessarily impact your productivity," Antunes said, suggesting individuals stand rather than sit during phone calls and walk to speak with colleagues face-to-face versus sending emails.

"If you have your weekly management meeting, get up instead of sitting down and that breaks up your sedentary time. Anything you can do to get off that chair."

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One of the main reasons people switch jobs is a disconnect between their personal goals and the company values.

A professional position misfit leaves you feeling unappreciated and undervalued, every day. This isn't just about being in a mild state of discomfort.

Research shows being unhappy at work results in more stress, causes a hit to your self-esteem, and interferes with your professional competence.

According to a new report on job satisfaction, millennials (think 20- and 30-somethings) are particularly concerned with having a job that authentically fits who they are. But many people don't find that perfect job right away.

Researchers at CreativeLive discovered that a third of currently employed Gen Y workers wish they could jump the corporate ship to find a workplace where they could be surrounded with more creative people. Another third would happily take a salary cut if they could find a job with the opportunities to do meaningful work that has a positive social impact.

At the younger end of the Gen Y cohort, a 2014 survey of 15,000 undergraduate students and new grads showed that finding one's place in a company with the right "people and culture fit" is the number one consideration for millennial job seekers. So how to get the right custom career fit? A combination strategy of conversations, creativity, and company research is the answer.

Conversations: Talk to friends
Mining your personal networks

is a smart way to land employment that fits.

Even loose ties on LinkedIn or Twitter are important when you're seeking introductions, references, and insider information about job openings. But your closest friends are uniquely important. If your friends (and their friends) have a job they love, that's your first step on the trail toward a job you'll enjoy.

You like your friends for a reason — you probably share similar world views and care about the same things. Beyond happiness, working with friends may result in a productivity boost. Researchers at the London School of Economics found that employees worked harder and got 10 per cent more accomplished in jobs where they worked with friends, especially if those pals were industrious types.

Creativity: Blog your career

"I think having a blog is a great way of showing employers what you can do before you even get to the interview stage," said Rachel Davies, a new graphic design grad from Nottingham Trent University in the U.K. "I definitely think my blog helped me get my internship."

Indeed, "you have to be willing to show who you are," advises Shara Senderoff, founder of InternSushi. Having a blog focused on your industry (trends, news, debates, case studies) communicates volumes to a recruiter about your professional ambitions, creative thinking and skills.

In an era of social screening, recruiters will always Google you, and having a great blog can work to "stack the deck in your favour," advises Liz Lynch, author of Smart Networking.

Creeping companies: Do your homework

Doing due diligence means thoroughly researching your dream jobs. A little online company creeping goes a long way, and doubles as interview preparation. Look deeply at their corporate social footprint (online and off), read past and

current employee reviews on Glassdoor, and critically analyze their official recruiting messages.

One company may want to fill its ranks with out-of-the-box entrepreneurial thinkers, while another may value thoughtful, deliberative, consensus-driven executives," warns Dorie Clark on Forbes.

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Munenori Kawasaki, left, and Adam Lind celebrate during the Blue Jays five-run sixth inning on Tuesday night in Minneapolis, Minn. All major league players wore No. 42 in honour of Jackie Robinson Day on Tuesday. HANNAH FOSLIEN/GETTY IMAGES

Jays' bats heat up on cool night in Minny

NHL. Outbursts in sixth and ninth innings give Toronto more than enough to topple Twins at Target Field

Jose Bautista had three hits and an RBI, and Brett Lawrie hit a grand slam in the ninth inning to help the Toronto Blue Jays beat the Minnesota Twins 9-3 on Tuesday night.

Edwin Encarnacion had

On Tuesday

9

Blue Jays

3

Twins

two hits and an RBI, and Aaron Loup (1-0) won in relief of starter Brandon Morrow, who lasted 3 2/3 innings on a 2 C night at Target Field. The Blue Jays led 5-2 going

into the ninth before Lawrie's towering drive off Jared Burton put it away.

Chris Colabello had three hits and an RBI, and Trevor Plouffe hit a solo home run for the Twins. But right-hander Phil Hughes (0-1) watched an impressive start go to waste in Toronto's five-run sixth inning.

Hughes gave up four runs and eight hits with seven strikeouts in five-plus innings to snap Minnesota's three-game winning streak.

THE ASSOCIATED PRESS

Jackie Robinson Day

42

Marking the 67th anniversary of the day Jackie Robinson broke baseball's colour barrier, the Rev. Jesse Jackson praised commissioner Bud Selig for the strides the sport has taken in minority opportunities over the past two decades.

Selig retired Robinson's No. 42 in 1997 on the 50th anniversary of the big-league debut of the Brooklyn Dodgers first baseman. Jackson said Jackie Robinson Day had become "a national holiday for all practical purposes."

25th anniversary

Victims of stadium disaster remembered

The global football community united Tuesday to mark the 25th anniversary of the Hillsborough Stadium disaster in which 96 Liverpool fans were crushed to death during an FA Cup semifinal.

The focal point on a day of commemoration and remembrance was Anfield, where Liverpool players past and present and the families of the victims were among the estimated 30,000 people who attended a moving memorial service.

THE ASSOCIATED PRESS



Scan the above image with the Metro News app to see a photo gallery of the memorial service. CHRISTOPHER FURLONG/GETTY IMAGES

NHL entry draft

Panthers make leap to No. 1 pick

The Florida Panthers won the NHL draft lottery on Tuesday, granting the team the first overall pick in the 2014 NHL entry draft.

The Calgary Flames won the fourth selection.

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It's playoff time

As hockey's best warm up for the post-season, here are five stories to watch as the 2014 playoffs unfold.

THE CANADIAN PRESS
All photos by Getty Images



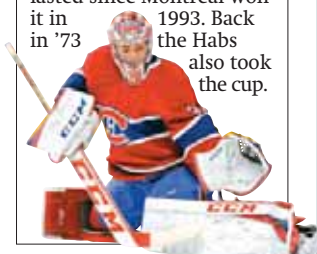
A brand new playoff format

This is the first year of a new divisional playoff format, which means no more re-seeding and defined opponents for teams in the next round. Some critics don't like seeing Joe Pavelski's San Jose Sharks face another contender in the Los Angeles Kings in the first round.

Habs to carry the Maple Leaf

Not quite, but for the first time since 1972-73, Canada has just one team in the playoffs. And it's the Montreal Canadiens.

Goaltender Carey Price, defenceman P.K. Subban and the Canadiens are that one and only hope of ending Canada's Stanley Cup drought that has lasted since Montreal won it in 1993. Back in '73 the Habs also took the cup.



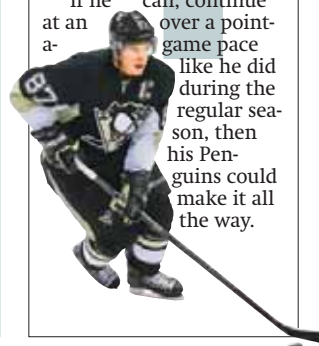
Can Chicago pull it off once again?

Jonathan Toews and Patrick Kane missed the end of the regular season with injuries, so what they'll be able to provide is an unknown. If they do come through big time, the Blackhawks could be the first to become repeat Stanley Cup champions since Detroit in 1997 and 1998.

Is Sid up for another Cup?

Sidney Crosby is only 26 and he has two Olympic gold medals and a Stanley Cup ring. But the Penguins captain won his NHL title almost five full years ago.

If he can, continue at an over a point-a-game pace like he did during the regular season, then his Penguins could make it all the way.



Boston strong

The Boston Bruins have been the best, most consistent team in the NHL this season and have to be considered cup favourites.

Led by Canadian Olympian Patrice Bergeron, the Bruins have a tough road ahead.

Avalanche makeover

Roy's fiery style leads Colorado

Patrick Roy's fiery personality was on full display in the opening game when the Colorado coach got into a heated exchange with Anaheim, banging his hands again and again on the glass partition until it tilted.

That eruption set a tone for the season: The Avalanche weren't going to be pushovers. Not with the combustible Hall of Fame goaltender taking over behind the bench.

Roy guided this franchise — the one he led to two Stanley Cup titles as a player — back into the playoffs by tying a team record with 52 wins. They play Minnesota in a first-round series that begins Thursday.

That transformation began in that very first game against Anaheim. Wild coach Mike Yeo jokingly said he plans to "check the partition" between the benches before the playoff series. "They're an in-your-face team," Yeo said. Just like their coach.

THE ASSOCIATED PRESS

Moves that will light a new Flame



THE HOCKEY NEWS
Brian Costello
bcalgary@metronews.ca

Be prepared for 10 weeks of media speculation on who the Flames will select with the fourth pick — their highest-ever draft selection. We're going to be all Sam Reinhart-ed out by the time June 27 gets here.

Also of great interest is which of Calgary's free agents should be retained. Among unrestricted free agents, unless Mike Cammalleri is interested in a short-term deal (three years max) with a high-pay packet (\$6 million annually), I'd move his rights for a draft pick, even if it's a late-rounder. (I think the Anaheim Ducks, when they're eliminated in the second round, will rue the day they didn't offer more than a third-rounder for Cammy.)

I'd wave bye-bye to Chris Butler, Joey MacDonald, Derek Smith, Blair Jones and Chris Breen, but I wouldn't mind Kevin Westgarth sticking around as a 13th forward.



Who will be Karri Ramo's backup next season? GETTY IMAGES

As for restricted free agents, please sign Paul Byron now. He's a real late-blooming keeper who can add skill, speed and scoring to the third line. I'd hate to see him turn into a 40-plus point man for another team. Joe Colborne and Lance Bouma are excellent for the third and fourth lines, as is T.J. Galiardi if he's not looking for a big raise off his \$1.25 million. Rearguards Chad Billins and Mark Cundari are worth keeping for depth on the farm.

As for the goaltending situation, acting GM Brian Burke's rationale of wanting prospect

Joni Ortio playing in the AHL rather than watching from the bench in the NHL makes sense. So who's a candidate to step in as Karri Ramo's backup?

First off, I hope Burke doesn't go out and acquire pet project James Reimer from Toronto. He's a restricted free agent and would require compensation. Plus, he's not very good.

Here's a rough sketch of the UFA goaltending picture. The big names are Ryan Miller, Jonas Hiller, Jaroslav Halak and Ilya Bryzgalov. They'll wind up as No. 1 goalies in one of Washington, Winnipeg, Anaheim, Minnesota, New York Islanders or St. Louis. That's four goalies for six teams.

The two teams that don't get one of those four will compete with Calgary for one of these 1A or backup UFAs: Martin Brodeur, Tim Thomas, Devan Dubnyk, Brian Elliott, Ray Emery or Thomas Greiss. Plus, Ondrej Pavelec is on the outs in Winnipeg.

So it's buyer's market for goalies. Burke doesn't need to trade for a goalie who might just play 20 to 25 games.

Canadiens

Habs look to make up for last year's disappointment

The Montreal Canadiens hope to turn last year's playoff disaster into this year's success.

The Canadiens finished second in the Eastern Conference in the lockout-shortened 2012-13 campaign only to see their attack fizzle and their players take a pounding in a five-game setback to the Ottawa Senators.

Their offence, if not so much their mettle, will be

tested again when they face the tight-checking Lightning in a best-of-seven conference quarter-final starting Wednesday night in Tampa.

Captain Brian Gionta feels the experience gained a year ago, along with a strong finish to the regular season, has the Canadiens in better shape going into the post-season.

"We've had a good last run coming in," said Gionta.

A key will be goaltending, and whether Carey Price can carry the experience of leading Canada to gold at the Winter Olympics in February into the similarly pressure-packed NHL playoffs. The

Quoted

"Every team plays solid defensively and that one goal can make a difference." Carey Price

26-year-old has a 9-17 career post-season record with a 2.90 goals-against average, but his game took a big step forward this season.

"It's all about preparing for the (next) game, regardless of what's happened before, or whether you're playing good or bad," said Price. THE CANADIAN PRESS

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2015 Chrysler 200

- **Type.** Four-door, front-/all-wheel-drive mid-size sedan.
- **Engines (hp).** 2.4-litre SOHC I4 (184); 3.6-litre DOHC V6 (295)
- **Transmission.** Nine-speed automatic
- **Base price (incl. destination).** \$24,200

Market position

Chrysler is stepping up its game in the mid-size category with the kind of styling, content and power that will make most sedan shoppers forget all about the automaker's previous Sebring/200 efforts.

Points

- All-new look is right on the money and outclasses many of its competitors
- Base four-cylinder engine delivers impressive fuel economy and the V6 has a reputation for impressive power
- Rotary-dial shifter saves space and de-junks the console
- North American design



and Italian structure makes for an interesting and competitive combo.

Safety

Front airbags; side-impact airbags; side-curtain airbags; front knee airbags; anti-lock brakes; traction control; stability control. I/100 km (city/hwy) 8.4/5.7 (2.4, est.)

Chrysler's high-fashion sedan

Review. With a 2.4-litre four-cylinder producing 184 horsepower, the Chrysler 200 has style and substance

MALCOLM GUNN
wheelbasemedia.com

Like some supermodel sa-shaying down the runway, the Chrysler 200 made its much-anticipated entrance at the 2014 North American International Auto Show in Detroit, Mich., in January.

From any angle, the Chrysler 200 has a leading-edge contemporary look that's very easy on the eyes.

The interior is as attractive as the sheet metal, with easy-to-view primary gauges, plus-sized control knobs and optional 21-centimetre touch-screen display (a 10-centimetre screen is the base unit). But what really stands out is the absence of a floor shifter that has been replaced by a console-mounted knob, just like the one in Chrysler's Ram 1500 pickup.

An issue with the previous 200 was the old base four-cylinder engine that was shy on power and fuel efficiency. That has been rectified with a new 2.4-litre four-cylinder that



PHOTOS: WHEELBASEMEDIA.COM

produces 184 horsepower and 173 pound-feet of torque (up from the 173/166 rating of the previous 2.4). The engine connects to a nine-speed automatic transmission that should help the 200 achieve about 8.4 l/100 km in the city and 5.7 on the highway. The nine-speed is also

mated to the optional 3.6-litre V6 that's a mainstay in other Chrysler products. This particular iteration makes 295 horsepower and 262 pound-feet.

Although a front-wheel drive vehicle, the 200 can be had with all-wheel-drive, but only if the V6 is ordered.

In normal operating conditions, the rear axle is completely disconnected, which Chrysler claims reduces parasitic losses by up to 80 per cent when compared to other systems with their continuously rotating axle shafts. That helps fuel economy.

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2 Nissan Altima
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Ford celebrates half a century of Mustangs

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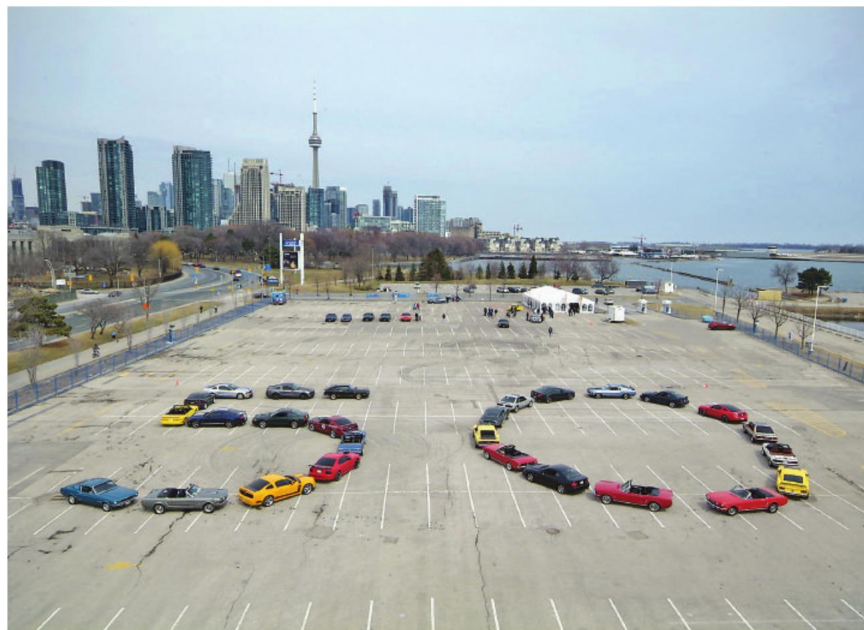
AUTO PILOT
Mike Goetz
drive@metronews.ca

It's a big week for Ford Mustang. The iconic sports coupe turns 50 years old and celebrations are planned far and wide.

Henry Ford II introduced the Mustang to the world on April 17, 1964, at the World's Fair in Flushing Meadows, New York, the same day it debuted in Ford showrooms across North America.

Over 22,000 Mustangs were sold that day, and over 400,000 during its first sales year, far exceeding expectations.

Ford will reprise that initial introduction this Thursday in Flushing Meadows,



Hard to believe these Mustangs were randomly parked like this by their owners to form a "50" on the exact week the Mustang turns 50. Must have been good karma. SAMMY CHAN

and will also stage a 2015 Mustang on the 86th floor observation deck of the Empire State Building.

There are big fan events

planned as well, such as Mustang Club gatherings in Concord, North Carolina, and Las Vegas, where more than 5,000 Mustangs and

approximately 100,000 tribe members are expected to turn out.

Ford of Canada organized a get-together last Saturday

in Toronto, putting the word out via Ford Mustang forums. A great selection of Mustangs of every vintage showed up at the Ontario Place lot, and 28 of them were selected to park in a big "50" that was photographed from above with the help of a huge crane.

After talking to the Mustang owners and aficionados there on Saturday, and gawking at their lovely Mustangs, it was obvious that the demographic for Mustang ownership now is not what it was back then. Back in 1964, the car was designed and pitched as a fun and affordable sporty car for young people.

Now they are driven home mostly by middle-aged (and beyond) boomers who can afford to buy them and may even have them around as a second vehicle.

Don't blame the Mustang. It's still a great car and still desired by a surprising number of young people.

But now that it is so much cheaper to build front-drive cars, rear-drive performance "pony" cars like Mustang, Camaro and Challenger must compete for buyers with an-

Quoted

"It is still a great car and still desired by a surprising number of young people."

Mike Goetz, columnist

other level of disposable income than what young people are currently packing in the pockets of their skinny, low-cut jeans.

Even though the market demand for these vehicles has adjusted downward, the automakers are still happy to have them in the portfolio. They create lots of attention and make the brand look cool. They are a great chapter in the story of American automobiles.

And they break up the monotony in a Home Depot parking lot, full of sedans and SUVs that look increasingly alike, no matter who builds them or what continent they originated from ...

And that's worth celebrating, at Mustang's 50th, and at its anniversaries to come, in the years ahead

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Running out of gas is bad. That's why it's a good idea to keep a container of Magic Tank on hand. The product's non-flammable (butane-free) composition is billed as safe to store anywhere inside your vehicle, yet its 91-octane rating makes it ideal for any gasoline engine, including cars, motorcycles, boats, snowmobiles, ATVs, lawn mowers and other power equipment. An almost-two-litre container of Magic Tank will allow you to travel roughly 30 to 40 kilometres, depending on the vehicle of course, which hopefully is enough to get you to the nearest gas station. Purchase Magic Tank from a number of retail/online outlets or order for \$20 US plus shipping from mymagictank.com.



Straight-line movie

There hasn't been a really good drag-racing movie since Heart Like a Wheel, which was about the life of driver Shirley Muldowney. Now, Snake & Mongoose, the story of two equally famous drivers from the late 1950s-'70s, Don (the Snake) Prudhomme and Tom (Mongoose) McEwen, is out on DVD. The real-life plotline sees both drivers hook up with toymaker Mattel in the early 1970s as the duo's major sponsor. Mattel uses both drivers and their cars to promote the Hot Wheels toy car collection. Rather than recreate the drag races that McEwen and Prudhomme competed in, director Wayne Holloway uses actual archival footage mixed in with recreations of race cars for close-up shots. Snake & Mongoose sells for \$15 US in Blu-ray or \$10 in regular format from amazon.com and other retail outlets.

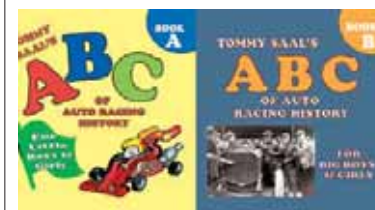


Suck it up!

Instead of hauling your home vacuum cleaner to your garage, or depending on some weak hand-held unit that barely stays charged for more than a few minutes, why not equip your workspace with a Garage Vac? All you do is hang it on any wall, plug it in and take advantage of its five-horsepower electric motor, 15-metre stretch hose and full range of tools for cleaning up large floor areas (such as car floors and trunks) and tight spots around the dashboard and floor console. The entire unit weighs nine pounds. The Garage Vac is available in red, white and black and sells for \$250 US. Check it out and order at garagevac.com.



Racing for youngsters



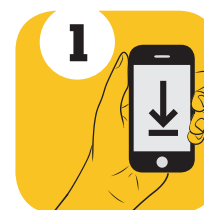
Books about cars and racing appeal to kids of all ages, but here's one that will find interest from both the younger set as well as preteen audiences old enough to read. ABC of Auto Racing History, by Tommy Saal (Racemaker Press), covers the basics in cartoon-style on one side, such as B is for Bonneville, L is for Le Mans, I is for Indianapolis, S is for Sebring, etc. But flip it over and the information is delivered in a more adult style of writing, but still avoids getting bogged down in minutiae and obscure terms that could turn off older youth. ABC of Auto Racing History can be ordered for \$25 US from racemaker.com.

YOU COULD

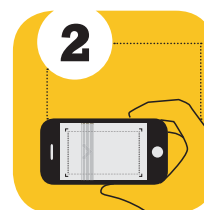
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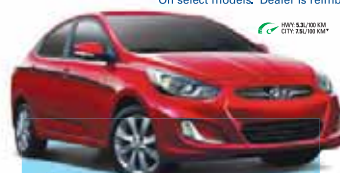
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With these tires, you'll never be stranded again

Run-flat tires.

Newly available technology lets drivers coast right to the shop after their tires have been damaged

JIL MCINTOSH

Drive@metronews.ca

Drive over a nail with your tires, and there's a good chance you'll get a flat. But not all tires will leave you stranded. If you have a run-flat tire, you can still drive home, or to a shop that can fix it for you.

Up until now, run-flat tires have only been available for performance cars that left the factory with them. Bridgestone now offers a new line of run-flats, called DriveGuard, that can be put on mainstream cars

that originally came with conventional tires, such as the Honda Civic or Toyota Camry.

"The side of the road is not a fun place to be," says Robert Saul, product manager of consumer tire sales for Bridgestone Americas. "We're delivering new technology to a much bigger audience than we have in the past, with a tire that's capable of surviving punctures and air loss."

Run-flat tires have a special reinforced sidewall that's capable of holding the vehicle's weight even when they have no air in them.

They were introduced in the 1980s on close-coupled sports cars that didn't have enough room for a spare tire. However, their thicker, lower-profile sidewall usually creates a very harsh ride.

Bridgestone's new technology includes a special sidewall insert that lets engineers create a thinner, taller sidewall than on a regular run-flat. It can still hold up the vehicle if the tire loses air, but the ride is as smooth as with a conventional tire.

Bridgestone says you can safely drive on a completely flat DriveGuard tire at 80 km/h for 80 kilometres, and potentially much farther depending on road conditions and how fast you drive. The vehicle may pull slightly to one side, and the tire will

Facts and tips

On any tire, the air inside is what's actually holding up your vehicle. Run-flat tires can also use their sidewalls to bear the weight if necessary.

- You should check your tire pressure once a month. Tires that are low on air can compromise safety, and they also use more fuel.
- Some cars include a sealant and pump kit, instead of a spare tire, to save space.

make a rumbling sound, especially on turns, but you will be able to stay in control.

Once you get to a shop, the tire will have to be removed from the rim and the interior examined to see if it can be repaired.

All run-flat tires, including DriveGuard, can only be used on a car that has a tire pressure monitoring system, since the tires don't necessarily look any different when they're low on air.

"You can be on a tire that's under-inflated and not know it," Saul says. "We need the system to warn you that the tire pressure has dropped to a point where you need to take action, because you might not know, otherwise."



Run-flat tires have only recently become available for mainstream cars. COURTESY BRIDGESTONE

Horoscopes

Aries

March 21 - April 20

There is no point trying to get partners and colleagues' approval for what you are planning while the effects of yesterday's eclipse still linger. Either push ahead on your own or wait until they are in a more receptive frame of mind.

Taurus

April 21 - May 21

Refuse to get uptight about the little things that go wrong. At home and work it will seem as if people are deliberately letting you down but the truth is everyone is a bit confused, so make allowances.

Gemini

May 22 - June 21

The only way you're going to move forward with a project is if you get backing from people who can help you overcome the obstacles you are going to face. Give it another day or two to say, "yes".

Cancer

June 22 - July 23

It isn't worth wasting time and energy fighting about something that means nothing to you. Later on in the month you will get the chance to do battle for a worthwhile cause.

Leo

July 24 - Aug. 23

You may have to defend what you believe in today, and you should do so with every weapon at your disposal. Don't ever forget that you are as entitled to your viewpoints.

Virgo

Aug. 24 - Sept. 23

It isn't time for making money-related decisions. If you give yesterday's eclipse a few days to wane, you may find that what you thought was a good deal wasn't.

Libra

Sept. 24 - Oct. 23

Partners and colleagues have the upper hand right now. There are powers that cannot be beaten by charm or force of personality, of which you have plenty. Just stay calm.

Scorpio

Oct. 24 - Nov. 22

No matter how eager you are to begin something you have every reason to believe will bring you fame and fortune, it might be best to wait. The Sun's change of signs on the weekend could lead to a change in your priorities.

Sagittarius

Nov. 23 - Dec. 21

You can and will succeed a lot quicker if you get help from people who share your ambitions. Teamwork is the way to move forward and that, of course, means compromise.

Capricorn

Dec. 22 - Jan. 20

You may have to own up to a transgression today but the moment you do, you will feel a lot better for it. You have been carrying a lot of burdens lately, not least the burden of a guilty conscience. Get past it.

Aquarius

Jan. 21 - Feb. 19

If you feel the need to go out and have a good time then do so and don't feel guilty about it. Put your troubles behind you and do whatever makes you feel glad to be alive.

Pisces

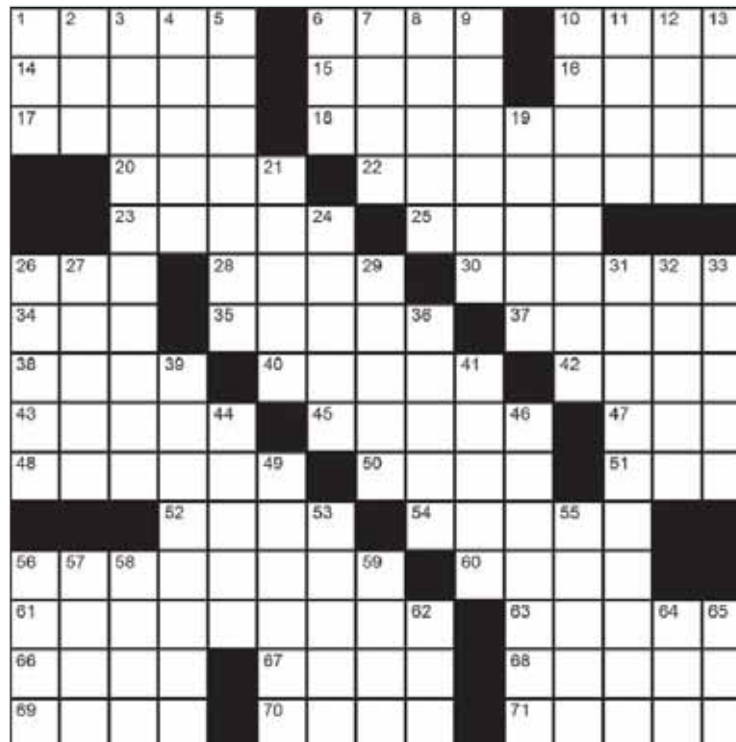
Feb. 20 - March 20

You seem to reckless lately and if yesterday's eclipse somehow failed to remind you that's not a good thing to be then today's Mars-Mercury link most certainly will. Don't ignore warnings. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. 'Herbie' of movies, e.g., ____
6. Mr. Lugosi
10. Objective
14. "That's ____!" (Remark to the naughty)
15. Eddie's "Beverly Hills Cop" (1984) role
16. Medical condition suffix
17. It takes ____ tango
18. Yellow blooms of Spring
20. Pickle
22. Leonard Cohen's "So Long, ____"
23. People of Eng.
25. Puppy's protest!
26. 1996 Snoop Dogg album: '____ Dog-gfather'
28. Apiece
30. 1994 Green Day album
34. Low-____ (Fuzzy, as images)
35. Journalist's coup
37. Salt- ____
38. Hill-making creatures
40. Harold's pal (played by Kal Penn) in movies
42. Gibraltar, et al.
43. Previous
45. Freshen
47. Tit-for-____
48. Ontario: Community in Prince Edward County
50. Slangy sure



51. Fleur-de-____ [var. sp.]
52. Riot
54. Extra tire
56. "____ Highway" by Gordon Lightfoot
60. ____ one's toe
61. Sops up again
63. Like a cloudless

- day
66. Military force
67. Odd, to a Scot
68. Lionel Richie song
69. Supermodel Kate
70. Feline's utterance
71. "Over the Rainbow" co-composer, Harold ____

Down

1. Cistern
2. Compass pt.
3. Dream Warriors hit: "My Definition of a ____ Jazz Style"
4. Beneath: German
5. J.Lo gets them after moving "American

- Idol" performances
6. Not good
7. Crammed for thing
8. Arthurian legend sorceress, Morgan ____
9. The Dark Knight's trusted aid
10. Colas: 2 wds.

11. Pet Shop Boys hit: "It's ____"
12. Ceramics oven
13. Feminine suffix
19. Pour ____ troubled waters
21. Heap
24. Do heavy duty Spring cleaning
26. ____ Family Singers
27. Montreal-born politician Mr. Bourassa (b.1868 - d.1952)
29. Comfortable
31. Cute-looking gym weight
32. "____ everyday that..." ('Holy'-sounding wish)
33. Map's to-the-right directions
36. Window parts
39. World famous auctioneer
41. Collects, as grains
44. "Sunny" car areas
46. Chilliwack hit: "____ Gonna Do (When I'm Gone)"
49. "We're Full" meaning at an inn: 2 wds.
53. ____-Neuve-et-Labrador
55. Throne occupant
56. Prepare for the test hurriedly
57. Bubbly bar
58. Slams
59. River of Spain
62. Visited
64. Alcoholic beverage
65. J.K. Rowling character

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

THURSDAY

FRIDAY



MAX: -2°
MIN: -6°



MAX: 1°
MIN: -4°



MAX: 13°
MIN: -1°



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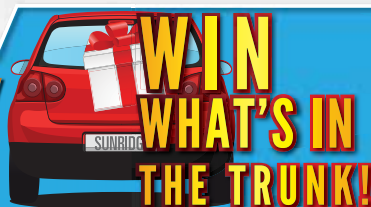


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